



VOL II No. 10      Naval Regional Medical Center, Orlando, Florida

1 July 1980

## **Independence Day . . . 4 July 1980**

### **American Creed**

**"I believe in the United States of America as a government of the people, by the people, for the people;**

**Whose just powers are derived from the consent of the government;**

**A democracy in a republic, a sovereign nation of many sovereign states;**

**A perfect union, one and inseparable;**

**Established upon those principles of freedom, equality, justice and humanity for which American patriots sacrificed their lives and fortunes.**

**I therefore believe it is my duty to my country to love it, to support its constitution, to obey its laws, to respect its flag, and to defend it against all enemies."**

William Tyler Page  
Adopted by U.S. 3 April 1918

# VITAL SIGNS

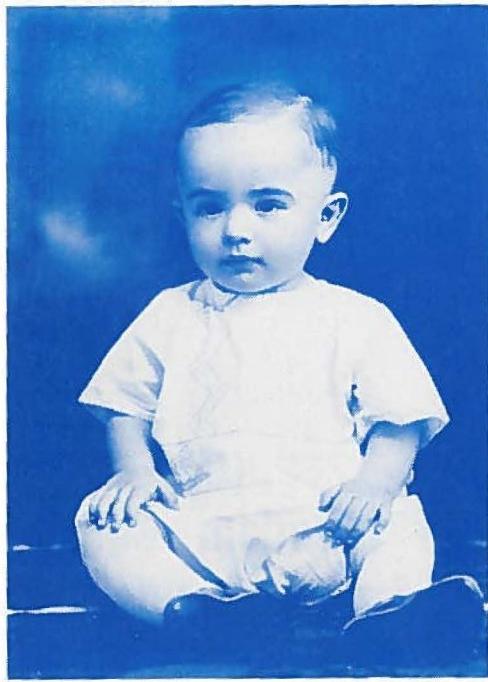
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1 July 1980

## Noted for excellence - June inspection

CDR J. J. Smith	LT G. E. Noss
CDR W. E. Tumblin	LT J. Ulcickas
CDR J. W. Young	LTJG M. A. Walz
LCDR G. L. Robb	LTJG R. G. Miser
LCDR A. D. Saleker	LTJG S. W. Tudhope
LCDR R. S. Panganiban	CWO2 M. L. Popovich
LT W. C. Thames	
HMC G. Turner	HM2 J. E. Piriz
HMC T. L. Mastin	HM2 M. C. Petitt
HMC R. J. Wida	RP2 A. L. M. Wright
HM1 D. M. Welsh	HM3 D. F. Parrish
HM1 W. C. Tedin	HN C. Torres
HM1 R. E. Smith	HA K. Cappel
HM1 J. K. Solomon	

## Who'sizzit???



**DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)**

## We're glad you're here!

CDR W. S. Bate, DC, from NNMC, Bethesda  
LCDR A. Arana, MC, from NavHosp, Rota  
LT C. L. Smith, NC, from NRMC, Portsmouth  
  
HM1 F. H. Dickens from Det. B, 2nd FSSG, MCAS, Beaufort  
MM1 R. B. Povalkins from USS SIMS (DE-1059)  
  
HN A. L. Pickens from NSHS SDIEGO  
HR S. W. Helton, Jr., from NHCS GLAKES  
HR D. K. Jordan from NSHS SDIEGO  
HR R. Y. Little from NSCH GLAKES and  
NavCruitSta Durham, NC  
HA D. L. Miller from NHCS GLAKES  
HA L. J. Smith from NHCS GLAKES  
HA A. D. Spann from NSHS Portsmouth

## We're sorry you're leaving!

HM3 D. A. Atkinson to NRMC Okinawa  
HM2 K. R. Dewald to civilian life  
HM1 D. B. Grant to NSHS, Portsmouth  
HM3 D. M. Pfohl on separation leave  
HM3 K. R. Perkins on separation leave  
HN N. Mayhew to FMSS Camp Lejeune and  
FFT to 2nd Marine Air Wing  
HM3 T. Givens to NRMC, Japan  
HN J. Cabrero to Laboratory School,  
Ft Sam Houston  
HN G. L. Schleman to FMSS Camp Lejeune  
and FFT to 2nd FSSG Camp Lejeune

## Vital Signs Staff

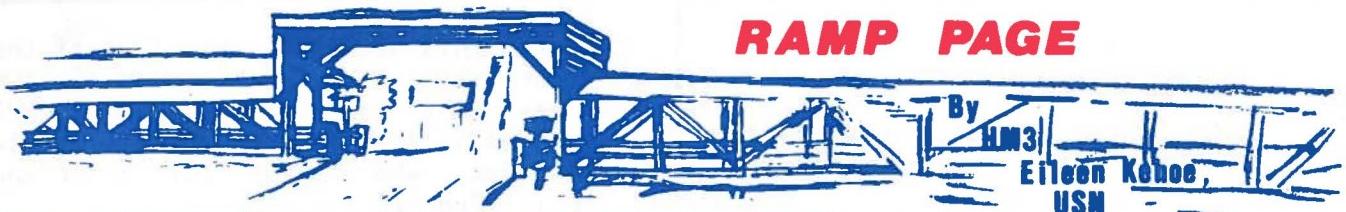
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**Reporter/Photographer:**  
HM3 E. Kehoe, USN

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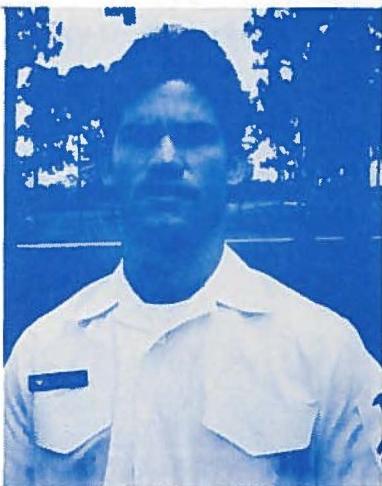
Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN  
Editor: HMCM(SS) R. C. CLEMENTS, USN

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**RAMP PAGE**

By  
HM3  
Eileen Kehoe,  
USN

**If you could change anything, what would you change at NRMC Orlando?**

HA M. Despres, Ward 12: I'd like to be able to take some action against the contractors for their delay in completing the new hospital.



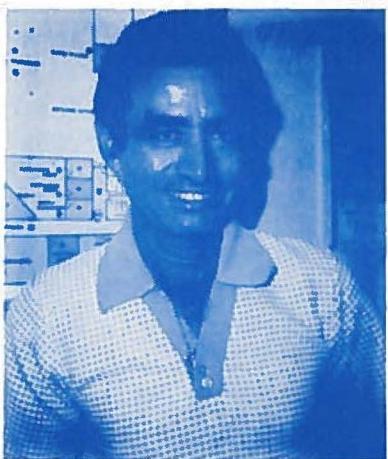
HM3 Pat Greenwald, OB-GYN: I would change the number of women assigned to this command. We need more.



LT E. Nieg, Chief, Outpatient Admin: I would change the attitudes of some of the staff who deal in patient contact management areas.



Captain Romano, Family Practice: I would like to be able to motivate a change for the better in the professional attitudes of some individuals for a better understanding of the meaning of patient awareness.



Manny Maldonado, Supply: I would provide an area at the hospital where the staff could cash their checks.



HM3 C. Petrone, NRMC Annex: I would arrange for less movement of personnel from department to department and more orientation into a new job.

## LAB LINE

By LCDR J. D. Cotelangam, MC, USNR

"The chemistry is right!"

The Chemistry Department consists of a group of dedicated, conscientious laboratorians headed by HM1 Rick Wimmer. Petty Officer Wimmer reported in February 1975 from Advanced Lab School (HM8506).



His hometown is Bethlehem, Pennsylvania, and he is married to the former Kathleen Kovacs. They have two children, Rickey, age 7 and Chris, age 4. He reenlisted under the Guard III Program. Petty Officer Wimmer enjoys playing golf and coaching soccer. He is an excellent bowler and plans to join the Professional Tour in the future.

Serving with HM2 Wimmer, are HM2 Dave Pennebaker and HM2 Eric Olayos. Petty Officer Pennebaker reported to NRMC in February 1980 from NRMC, Portsmouth, Va. During his off duty hours, he enjoys the



outdoors. Golf, fishing and camping take

up most of his weekends. He lives at the NTC Annex with his wife, Nan, and his two children, Andy, age 2 and Amy, age 1. HM2 Pennebaker is another one of those excellent golfers who shipped over under the Guard III Program for duty in Orlando.

Petty Officer Eric Olayos arrived in September 1979 from Medical Technologist School (HM8507) in Bethesda. He graduated from Penn State in 1976. His wife is the



former Pamela A. Brush and they have one child, Joshua Michael, 20 months old. They reside at the NTC Annex. HM2 Olayos enjoys photograph, philately, auto mechanics, and raising plants. He is a connoisseur of good food and is a gourmet cook of European ethnic food.

The catalyst and spark within this department is Dottie Pempey. Dottie is a "native Floridian" and a very special and talented person. She joined the staff in



1971 from Winter Park Memorial Hospital. She resides in the Bear Lake area with her husband, Charlie, a pharmacist, and her daughter, Sharon. Dottie is an outdoors person and enjoys boating, traveling and reading.

1 July 1980

SUPPLEMENTAL PAGE A



## Chaplain's Comments

By CDR W. E. Tumblin, CNC, USN

### The Man in the Glass

"When you get what you want in your  
struggle for gain  
And the world makes you King for a day;  
Just go to the mirror and look at your-  
self  
And see what that man has to say.

It isn't your father or mother or wife  
Whose judgment upon you must pass;  
The one whose verdict counts most in your  
life  
Is the man staring back in the glass.

You may be the one who got a good break  
And think you're a wonderful guy;  
But the man in the glass says you're only  
a fake  
If you can't look him straight in the eye.

You may fool the whole world down the  
pathway of years  
And get pats on the back as you pass;  
But your final reward will be heartache  
and tears  
If you've cheated the man in the glass."

\* \* \* \*

Extract from "The Religious Bulletin",  
University of Notre Dame, 1930.  
Contributed by P. A. Campon, M/Sgt, U.S.  
Army (Retired)

### Advancement eligibility - act NOW!

Don't let the advancement eligibility deadline for the September Navy-wide examination pass you by on the promotion path. All advancement requirements, except service in paygrade, must be met by 1 August. Get that correspondence course, typing test or Personal Advancement Requirement (PAR) taken care of now. The biggest roadblock to the Navy-wide exam is the successful completion of the Military Leadership Examination. In an effort to assist all hands, the Military Leadership Examination will be given several times during June and July. Contact HM1 Tedin, X4751, for information.

## *... From the other side!*

By HMC H. L. Brown, USN

### A necessary evil

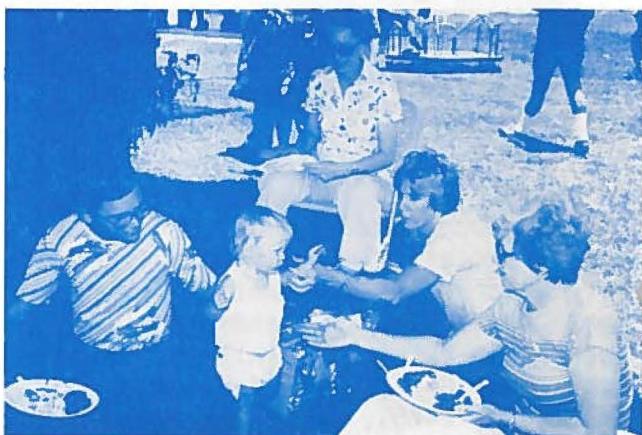
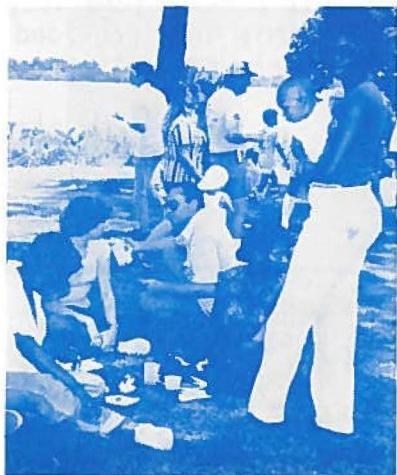
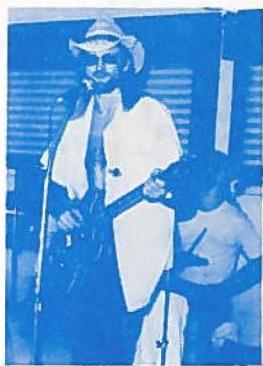
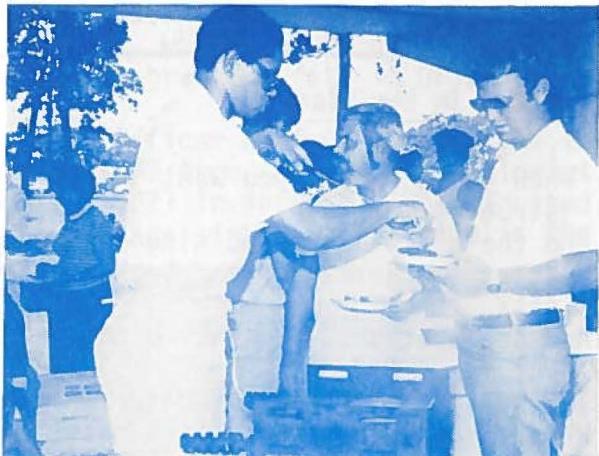
For the past 30 months, Recruit Medical Boards have become "big business," in a manner of speaking. Processing these boards takes up to approximately twenty percent of the doctor's and physician assistant's time. Also involved are three senior medical officers, who review and sign the boards, two HM's and a civilian secretary who prepare the boards. The time involved equates to a lot of money.

From 2 January 1980 through 31 May 1980, the attrition rate for conditions existing prior to enlistment for female recruits was 3.77 percent and 2.46 percent for males at Recruit Training Command, Orlando alone. Percentages are not to impressive, but when we quote numbers, we take notice. Female medical boards total 292 and males 282. What is the answer? We have it not; however, the Military Enlistment Processing Command, Fort Sheridan, Illinois is continuously trying to find a system to help the AFEES examining centers come up with ways of detecting pre-existing conditions of Recruits which may prevent these high attrition rates. Not only would this save "Uncle Sam" millions of dollars (about \$5,000 for loss of each Recruit), it would eliminate a lot of paper work for the doctors and physician assistants allowing them more time to provide primary medical care, their basic reason for existing. Nevertheless, so long as this problem persists, personnel support in this area provided by primary care personnel detracts from health care delivery.

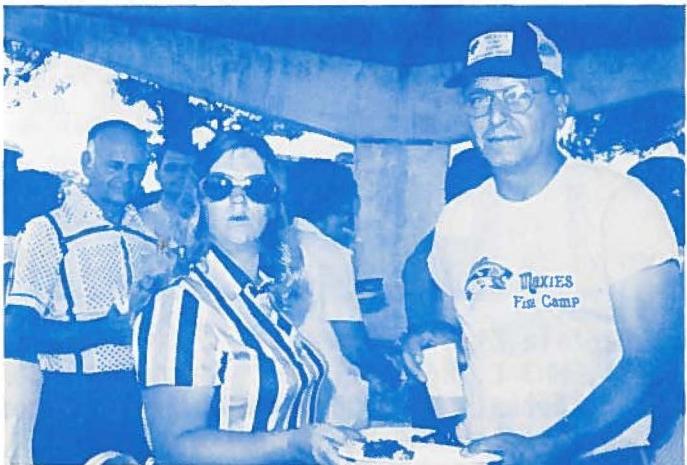
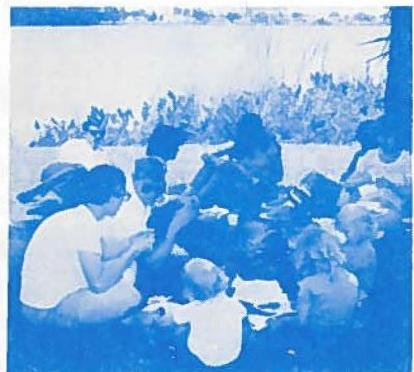
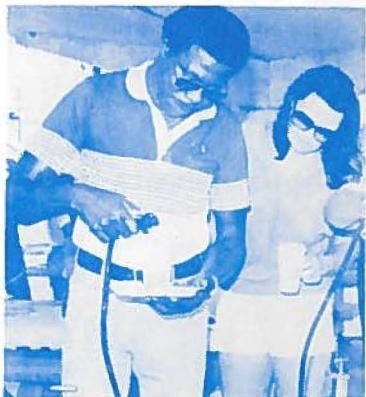
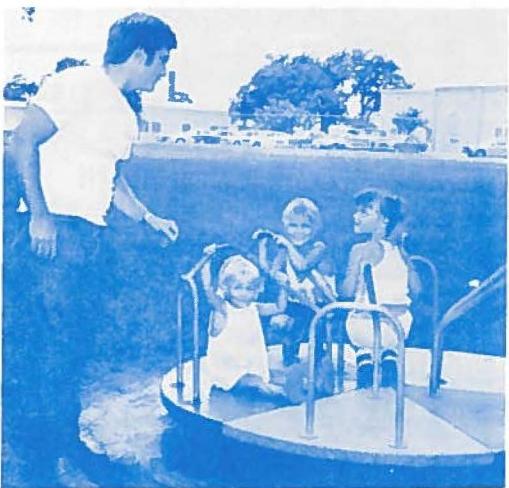




# Hospital Corps . . .



. . . would you believe  
82?



# Advancements - E-4, E-5, and E-6



Captain Zimble and Master Chief Clements pose with (left to right) HM1 G. Dedios, HM1 P. Mowbray, and HM1 W. Trimble.



Captain Zimble and Master Chief Clements with (left to right) HM2 G. Dickson, HM2 A. Matthews, HM2 L. Phillips, HM2 R. Carr, HM2 R. Cruz, HM2 D. Richardson, HM2 R. Beers, and HM2 L. Brock.



Captain Zimble and Master Chief Clements with (left to right) HM3 A. Lucero, HM3 D. Tomlinson, HM3 C. Giles, HM3 G. Schleman, HM3 J. Ruiz, HM3 T. Givens, HM3 L. Lamb, Jr., HM3 J. Butler and HM3 G. Mulligan.



Captain Zimble and Master Chief Clements with (left to right) HM3 P. Black, HM3 R. Spell, HM3 L. Brabant, HM3 C. Petrone, HM3 A. Bedashi, HM3 G. Provost, HM3 G. Bessing, HM3 J. Titko, HM3 A. Scoggins, HM3 R. Kiger, HM3 R. Cockman, HM3 B. Herman, HM3 L. Davis, HM3 L. Sparks, and HM3 J. Moore.

U. S. Navy photos

**NURSING****SERVICE**

By LT Greg Holeman, NC, USN

**Make your attitudes your allies**

Hi again! This past month has proved quite interesting. My original commitment to keep this article positive generated interesting feedback from several readers. The main emphasis of the feedback evolved around how I could "be so positive" when, almost certainly, I couldn't honestly feel that way. That's a fair question and I admit I don't always feel positive.

The reason I am excited about the opportunity of writing this article is that I truly feel the most successful people in any organization are the ones who exhibit the most positive mental attitudes and enthusiasm; that attitudes and enthusiasm can be invaluable allies; and that the Navy, this hospital, staff and patients, can only benefit from an abundance of both.

Professor Erwin H. Schell, one of America's most respected authorities on leadership concluded...."obviously, there is something more than facilities and competence that makes for accomplishment. I have come to believe that this linkage factor, this catalyst, can be defined in a single word -- ATTITUDE. When our attitude is right, our abilities reach a maximum of effectiveness and good results will inevitably follow."

The one factor which ultimately determines your level of success, regardless of rank or specialized knowledge, is attitude. It makes sense that, as leaders, if we display positive and sincere enthusiasm, our followers will be enthusiastic and successful in their endeavors. If negative, they will likely follow suit.

I didn't say anything about it being easy. It takes a concerted effort to be positive. It takes courage to try to teach someone who would rather not be taught, or to love those extremely nega-

tive, rude people who confront us regularly. It is easier to be negative and talk about everyone and everything that doesn't please us. It's easy to be miserable, non-productive; to blame someone else, (the Navy, the system, etc.) when, more than likely, the fault rests squarely on our shoulders. It does take an effort to make your attitudes your allies, to cure the psychological infection of negative thought and action.

Og Mandino wrote...."I will master my emotions so that everyday is a happy day and a productive one. I will learn the secret of the ages: WEAK is he who permits his thoughts to control his actions; STRONG is he who forces his actions to control his thoughts. EACH DAY, when I awake, I will follow this plan of battle before I am captured by the forces of sadness, self pity, and failure.

"If I feel depressed, I will sing.  
If I feel sad, I will laugh.  
If I feel ill, I will double my labor.  
If I feel fear, I will plunge ahead.  
If I feel inferior, I will wear new garments.  
If I feel incompetent, I will remember past success.  
If I feel insignificant, I will remember my goals.....

"If I become overconfident, I will recall my failures.  
If I overindulge, I will think of past hungers.  
If I enjoy moments of greatness, I will remember moments of shame.  
If I feel all-powerful, I will try to stop the wind.  
If I become overly proud, I will remember a moment of weakness.  
If I feel my skill is unmatched, I will look at the stars.

"Today, I will be master of my emotions. I will become master of myself. I will become great."

Why not let YOUR attitudes be YOUR allies?

**the Family Line .....**

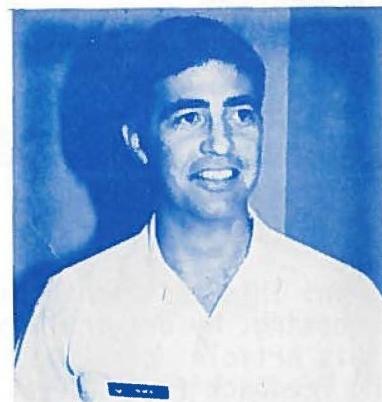
By CAPT C. Victor Romano, MC, USNR

**Weighing anchor**

This will be my last official article for the Vital Signs as I am detaching on 11 July and will be reporting to the Naval Hospital, Cherry Point. At this time, I would like to take this opportunity to thank the many members of this command, some of whom have already left, to express my own personal and sincere appreciation for their assistance, guidance, and true concern for the Family Practice Service. In particular, I wish to thank all personnel assigned to the Family Practice Service and the Acute Care Service for their dedication, hard work and painstaking care of our patients. It is quite obvious that without these highly professional individuals, the Family Practice Service and the Acute Care Service could not have achieved their unexcelled reputation.

We are fortunate that three new family physicians will be assigned to this command in the near future: LCDR Michael Murphy, MC, USN, a transferee from the Naval Hospital, Patuxent River; LCDR Alberto Arana, MC, USN, a transferee from the Naval Hospital, Rota, Spain; and LT John Wilker, MC, USNR, a transferee from NRMC, Jacksonville. These individuals are personally known to me and we are fortunate in having them assigned to this command. I wish them well in their new duty assignment and know they will be well received by this command. In closing, a special "thank you" to our Skipper for his sincere concern for us and our patients, his dedication to the support of Family Practice and his influential guidance.

*C. Victor Romano*  
"C" VICTOR ROMANO

**HM2 Bement receives Master of Arts Degree**

HM2 Donald W. Bement, USN, Laboratory Service, recently received his Master of Arts Degree in Human Resources Management from Pepperdine University.

HM2 Bement joined the Navy in January 1975. Prior to entering the Navy, he had received his Bachelor's Degree in Sociology from the University of Florida. Petty Officer Bement has industriously made use of his off-duty time in obtaining his Master's Degree.

HM2 Bement is now making application for a commission in the Supply Corps, U. S. Navy.

**Family Line "Quotes"**

"I wish every American could share of the love and gratitude that I have for this country and her people, and the sense of urgent necessity to protect her."

RADM Jeremiah A. Denton, Jr., USN, from "When Hell Was In Session."



## Master Shipwreck

HMCM(SS) R. C. Clements, USN

### Fishing

All of us stationed in the Orlando area have available some of the best fresh water fishing in the country. The variety of fish available ranges from largemouth bass, speckle perch, bream, and shellcracker to cat fish. The many lakes in the central Florida area provide the avid fisherman with almost unlimited access to excellent fishing.

Largemouth bass are prevalent in all fresh water lakes in Florida. Historically, January, February and March provide the best time to catch the really big lunkers. The largemouth bass spawn during the colder months and it is at this time that they congregate in bedding areas. Many varieties of bait are used which include plastic worms, artificial spinning lures and probably the most productive bait is the wild shiner. Although the winter months provide larger fish per catch, largemouth bass can be caught year round.

Speckled perch are caught year round but early spring provides the best fishing. Speckled perch, or Black Crappie as they are referred to by those from the north, are normally caught by trolling with small artificial lures or by drifting and using small minnows. When the speckled perch congregate, limits of 50 fish are not uncommon.

Bream and shellcracker spawn in late spring and intermittently during the summer. The bream bed around any type of underwater debris. The bases of cattails and reeds are favorite bedding sites. Shellcracker will bed almost anywhere; however, they normally bed where there are large accumulations of small shell beds.

Bream and shellcracker can be caught on a fly rod using small popping bugs, with a cane pole using worms or crickets, or with light tackle using small spinning lures.

There are many fishermen on the NRMC staff. If you are interested in fishing, you may contact me, or Doctor Pinkerton, HMCS Malenofski, HMCS Templeton, HMC Martin, HMC Stockberger, HMC Turner or Mr. Strickland in Maintenance.



### CRA NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: William Green on 1 July; Millie Johnson and James Matthews on 2 July; William Holton on 3 July; Cheryl Lawson on 4 July; Judith Wells on 9 July; Charles Fowler on 13 July; Hazel Jewell on 14 July; Betty Lyerly on 15 July; Carmen Olmeda on 16 July; Marlene Lopez on 17 July; Delores Nader and John White on 18 July; John Hardemann on 19 July; Sheila Mitchell on 23 July; Francis Reilly on 24 July; Marcia Clark, Marie Lamothe, and Homer Mills on 26 July; Dolores Gress on 29 July; Esmenia Maletta on 30 July; and Louisa Little and Corinne Partin on 31 July.

### EEO Visitors

LCDR Thomas Ruffin, MSC, USN, from BuMed and in charge of all the Medical Department's military EEO Programs, visited NRMC on 26 June to inspect our EEO Programs. Accompanying LCDR Ruffin, was LT Aaron McClerkin, MSC, USN, the West Coast EEO Program Specialist for BuMed. Their visit was not only for reasons of inspection, but also to advise and assist us in planning for our future EEO Programs.



Captain Scheftstad, LT McClerkin, LCDR Ruffin, and Chaplain Tumlin, discuss EEO Programs.



**ASK  
THE  
SKIPPER**



By CAPT J. A. Zimble, MC, USN

**Open letter**

Since assuming command in August, 1978, in addition to several unscheduled 0700 Saturday phone calls, I have had the privilege of receiving many "Dear Jim" letters from the Surgeon General. Throughout his four-year tenure, Dear John letters from VADM W. P. Arentzen have provided his commanding officers with lucid insight into his goal of making Navy Medicine the finest of health care delivery systems. On 31 July, Dr. Arentzen completes his impressive Naval career, relinquishing the helm of the Navy Medical Department with which he so ably kept us on course. At the risk of appearing audacious, I take this opportunity to respectfully write him an open letter.

VADM W. P. Arentzen, MC, USN  
The Surgeon General of the Navy  
Bureau of Medicine and Surgery  
Washington, DC 20372

Dear Will,

Thank you for the example of your leadership. Through your guidance, we have established priorities which are commensurate with the provision of quality care. The role of Navy Medicine to zealously support the line has consistently received your emphasis and, despite severe fiscal and personnel constraints, you have ensured that we fly Charlie Golf One flags with pride.

Your fencing of O&MN funds for continuing professional education exemplifies your desire that we maintain our abilities to provide quality care. Further, your concern for more than professional excellence in knowledge, judgment, and skill has been evidenced by your insistence for a sincere caring attitude through your efforts to establish patient contact point training.

I have been singularly impressed by your adamant refusal to accept less than the best for patient safety and comfort. Whether it be hospital beds, electronic patient monitoring systems or food service delivery, you demand "cadillac equipment," to provide our patients with the best. The existence of our magnificent new replacement medical center with its state-of-the-art and aesthetic accouterments is due in no small measure to your influence.

You have brought much to Navy Medicine. You have assured quality. I am grateful to have stood in the shadow of a giant. I shall miss your phone calls and letters. We all thank you for instilling proper directions and priorities.

Very respectfully,

*J. A. Zimble*  
J. A. ZIMBLE  
Captain, MC, USN  
Commanding Officer



**Whoosizzit?**

It's Captain W. J. Schefstad, MC, Director, Clinical Services. Captain Schefstad also works in the OB-GYN Service. He and his wife, Helen, make their home in Altamonte Springs, and have 8 children. In addition to a hectic schedule at NRMC, the Captain takes an active part in a myriad of community activities. Captain Schefstad originally hailed from Remsen, Iowa.

